

alternative sexuality

{ Navigating Protected Pleasure in a Sexually Diverse World.

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& Money

& Stress Reliever

& Reproduction

& Power and Control

& Love and Affection

& Recreation

& Obligation

& Respect and Recognition

& To Fit In

Why do we even have sex?

Sexual Pleasure

It just simply feels good!

And of course, we can't forget...

1. Society
2. Culture
3. Peers
4. Gender
5. Class
6. Race
7. Past Experiences
8. Pornography
9. And many other things

Several factors shape a person's perception of sexual pleasure...

Many people are comfortable talking about sex in terms of male/female...man/ woman.

One could argue that it's expected and understood.

Some people are okay with talking about sex between people of the same biological sex/ gender.

One could argue that it's accepted rather than expected.

Society and Culture

20-somethings may find pleasure in the excitement and spontaneity of hook-ups or brief no-strings-attached relationships rather than longer term, established relationships. Support for hook-ups versus long term may come from:

- ⌘ Movies and television
- ⌘ Music
- ⌘ Friends or other peer groups

Peers

- ⌘ Good Girl versus Bad Girl
- ⌘ Women don't/ shouldn't enjoy sex
- ⌘ Men should always be the aggressor
- ⌘ Slut versus Stud
- ⌘ Girl on Girl is hot while Man on Man is well...gay
- ⌘ Women don't/ shouldn't carry condoms
- ⌘ Trans...What?

Gender

- ⌘ White *Lady* versus Black *Jezabel*
- ⌘ Only white girls _____.
- ⌘ Black women don't _____.
- ⌘ Black men have _____.
- ⌘ Stuck up women with money won't _____.
- ⌘ Latina women are _____.
- ⌘ Asian men have _____.

Class and Race

⌘ Hair or Bare

⌘ New techniques

⌘ Condoms or Raw

⌘ Exposure to alternative sexuality

⌘ Workable Fantasies versus Extreme Fantasies

⌘ Fetishes (foot, fisting, anal sex, oral sex, money shots, etc.)

⌘ Taboo Fetishes (bondage, animal, sadomasochism, domination, scat play, etc.)

Pornography

We can't forget the role past experiences play in shaping our sexual behavior and sexual pleasure.

Like math... **sex** is learned (and perfected) by doing it.

Understanding sexual pleasure...

what shapes and what influences it

...can help us better guide safer sex.

Doing what feels good & doing it as safely as possible.

Of course this means that we, as counselors, must be comfortable with talking about what feels good to our clients (and maybe even secretly what feels good to us).

What is Safer Sex?

Condoms are amazing barriers of protection during penetrative sex but what about other sexually pleasing activities?

- ❖ Or any sex not involving a penis?
- ❖ Or scat play?
- ❖ Or needle play?
- ❖ Or voluntary unprotected sex among sero-discordant couples?
- ❖ Or those in invisible populations like transwomen or transmen?
- ❖ Or even those who simply do not want to use condoms?

Condoms Only?

Strategies for safer play:

- ⌘ Have multiple props on hand—Don't Share!
- ⌘ Clean props after each use with warm soapy water—some can even be run in the dishwasher or boiled.
- ⌘ Don't use the same prop for vaginal and anal sex without washing it first.
- ⌘ Covering the strap with a condom doesn't take the place of cleaning it!

Dildos, straps, and other props

- ⌘ Use dental dams or plastic wrap to minimize contact with fecal matter and/or other body fluids with your mouth, vagina/penis, and/or eyes.
- ⌘ Wear gloves or finger cots during needle play and avoid contact with your mouth, vagina/ penis and/or eyes.
- ⌘ Spit or swallow...doesn't matter, just don't hold it in your mouth.

Scat Play...and other things

- ⌘ **Serosorting:** Choosing a sex partner known to be of the same HIV serostatus, often to engage in unprotected sex, in an effort to reduce the risk of acquiring or transmitting HIV.
- ⌘ **Strategic positioning:** Choosing a particular sexual practice based on their partner's serostatus. For example, an HIV+ male choosing to 'bottom', based on the understanding that there may be a lower risk for transmitting HIV to a negative partner.
- ⌘ **PrEP + Serosorting:** Taking a pill daily to reduce the risk of contracting HIV and selecting medically adherent HIV+ partners with undetectable viral loads. In the event of unprotected sex, the HIV positive partner is less likely to transmit HIV due to the undetectable viral load and the HIV- partner's use of PrEP.

Positive Sexuality

- ⌘ **Withdrawal/ Pull-out method:** Removing the penis from the mouth/ anus/ vagina during sex and prior to ejaculation so that the receptive partner is not exposed to the semen.
- ⌘ **Withdrawal/ Pull-out method + Money shot:** See above with the option of ejaculating on the receptive partner's breast, buttocks, stomach, face, etc.

Show me the Money...

Some people of transgender experience have opted to have gender reassignment surgery, particularly 'bottom' surgery, although many have not. Some completely ignore biological sexual organs during sex while others do not. There are also gay transmen and lesbian transwomen.

Be sure to ask...**Don't Assume.**

Transformations...

